



Myths and Facts about COVID-19 Vaccines

Accurate vaccine information is critical and can help stop common myths and rumors. Learn which sources of information that is credible and that you can trust. Below are myths and facts about COVID-19 vaccination.

Myth: The ingredients in COVID-19 vaccines are dangerous.

- **FACT:** Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars and salts.
- **Fact:** Exact vaccine ingredients vary by manufacturer. Pfizer-BioNTech and Moderna COVID-19 vaccines also contain messenger RNA (mRNA) and the Johnson & Johnson/Janssen COVID-19 vaccine contains a harmless version of a virus unrelated to the virus that causes COVID-19.

Myth: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.

- **FACT:** Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.
- **FACT:** Getting a COVID-19 vaccination is a safer and more dependable way to build immunity against COVID-19 than getting sick.

MYTH: A COVID-19 vaccine can make me sick with COVID-19.

- **FACT:** Because none of the authorized COVID-19 vaccines in the United States contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.
- **FACT:** COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are signs that the body is building protection against the virus that causes COVID-19.

Myth: COVID-19 vaccines cause variants.

- **FACT:** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.
- **FACT:** New variants of a virus happen because the virus that causes COVID-19 constantly changes through a natural ongoing process of mutation (change). As the virus spreads, it has more opportunities to change. High vaccination coverage in a population reduces the spread of the virus and helps prevent new variants from emerging.

MYTH: All events reported to the Vaccine Adverse Event Reporting System (VAERS) are caused by vaccination.

- **FACT:** Anyone can report events to VAERS, even if it is not clear whether a vaccine caused the problem. Because of this, VAERS data alone cannot determine if the reported adverse event was caused by a COVID-19 vaccination.
- **FACT:** Some VAERS reports may contain information that is incomplete, inaccurate, coincidental or unverifiable. Vaccine safety experts study these adverse events and look for unusually high numbers of health problems, or a pattern of problems, after people receive a particular vaccine.
- **FACT:** Reports of adverse events to VAERS following vaccination, including deaths, do not necessarily mean that a vaccine caused a health problem.

MYTH: The mRNA vaccine is not considered a vaccine.

- **FACT:** mRNA vaccines, such as Pfizer-BioNTech and Moderna, work differently than other types of vaccines, but they still trigger an immune response inside your body.
- **FACT:** COVID-19 vaccines do not change or interact with your DNA in any way.
- **FACT:** This type of vaccine is new, but research and development on it has been underway for decades.

MYTH: COVID-19 vaccines contain microchips.

- **FACT:** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement.
- **FACT:** Vaccines work by stimulating your immune system to produce antibodies, exactly like it would if you were exposed to the disease. No microchips are involved.

MYTH: Receiving a COVID-19 vaccine can make you magnetic.

- **FACT:** Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm.
- **FACT:** COVID-19 vaccines do not contain ingredients that can produce an electromagnetic field at the site of your injection. All COVID-19 vaccines are free from metals.

MYTH: COVID-19 vaccines can alter my DNA.

- **FACT:** COVID-19 vaccines do not change or interact with your DNA in any way.
- **FACT:** Both messenger RNA (mRNA) and other COVID-19 vaccines work by delivering instructions to our cells to start building protection against the virus that causes COVID-19. After the body produces an immune response, it discards all the vaccine ingredients just as it would discard any information that cells no longer need.
- **FACT:** The genetic material delivered by mRNA vaccines never enters the nucleus of your cells, which is where your DNA is kept.